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**Northeast Edition**

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

January 3, 1947

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**U. S. Department of Agriculture  
Radio Service**

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## FOOD WORKSHOP FOR THE BLIND...

For the past five years, the U. S. Department of Agriculture, through its industrial feeding program, has offered technical advice to industries who want help to start or expand on-the-job food services for employees. Standard plans have been developed for cafeterias and canteens that have been installed in airplane factories, shipyards and manufacturing plants, both large and small. Food experts in this same branch have helped plants with menus and recipes, food purchasing and preparation tips, sanitation rules, and supervision of workers. They have even designed food selection programs to popularize the food service with the customers.

The service of this advisory group is still available, and never has it been put to a more novel test than at a recent workshop in Pennsylvania for blind lunchroom operators. It seems that there are over a score of blind operators...most of them managing canteens in small factories in Pennsylvania. The State Council for the Blind asked the U. S. Department of Agriculture industrial feeding specialists to assist these workers with food service problems. A model canteen layout was developed for blind workers. Then, at three sessions with these blind workers who could get to a gathering in Philadelphia, members of the staff explained the equipment and sanitation and operation standards. With baffling accuracy, the operators could follow by touch a simple canteen blueprint which was designed for the purpose, and in this manner learn how their own lunchrooms could be improved. USDA industrial feeding specialists also developed a guide which included simple menus, food purchasing tips and other recommendations for operating canteens. The points were discussed in the workshop, and the guide will be printed in Braille for distribution by the State Council for the Blind to all canteen operators.

\* \* \*

## PEAR PRESCRIPTION...

You should be seeing pears a-plenty in your markets these days...for there's one of the largest crops of winter pears we've ever had. A good quantity of the fine-flavored Bosc pears are still around, and there are lots of the luscious Comice and Anjou...all three varieties delectable for eating out of hand, or for cooking.

Pear Portraits: If you'd like to learn how to distinguish one member of the pear family from another, here are a few words of description from the fruit specialists of the U. S. Department of Agriculture. The Bosc (BOSK) is that long, tapering pear with a yellowish or cinnamon brown coat. The Anjou (pronounced as spelled) is round and rather squat in shape, usually green of skin, with a short, thick stem. The flesh is juicy and sweet, with a spicy aroma. The Comice (KO-MEES) is larger than the Anjou, as a rule; it's almost heart-shaped, with a yellow-green skin, marked in russet. The flesh is soft, juicy and fine-grained...almost buttery in texture. In fact, it's often eaten with a spoon. The Comice is the luxury pear so often packed in Christmas gift boxes.

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How to Cook a Pear: The simplest method of cooking pears is to wash them, cut them in half, core and place them in a baking dish. Sprinkle with sugar and a little salt...or use brown sugar or honey for sweetening...dot with butter or cooking fat, add very little water, cover the dish and bake them in a moderate oven (350 F.). As soon as the fruit is soft, remove the cover so that the sirup will cook down. Serve hot or cold, with or without cream. And by the way, stick cinnamon or other spices may be added ...or red cinnamon candies cooked in the sirup to give both a rosy blush and a spicy flavor.

Then there's the alliance of pears and sweet potatoes, which is very successful, according to USDA's food specialists. You've doubtless prepared sweetpotatoes with apples, scalloping alternate layers of the two in a greased baking dish. Well for variety do it with sliced fresh pears in place of apples. With the pears use brown sugar instead of granulated for extra flavor. Top with crumbs and bake from 20 to 30 minutes. This time is for cooked sweets, of course. Sliced raw sweetpotatoes may be used in this recipe, but will need to bake a little longer.

Another delicious dessert is a fruit betty...everybody knows about apple betty, and there's no reason why pears can't substituted for apples. You might like to do a bit of experimenting with pears...try them in a pie, or an upside-down cake, a cobbler or a dumpling. It should be fun to create some new desserts using winter pears and a little imagination.

Winter Pears Fresh: Don't overlook pears as a pleasant addition to the winter fruit bowl...or diced in a fruit cup...or used as a salad, probably with cream cheese or grated Cheddar cheese.

Judging Ripeness: For cooked desserts, slightly underripe pears may be used, but for salads and eating out of hand, they should be fully ripe. The only way to judge ripeness is to feel the pear gently, and to press it lightly at the stem end. If it yields, it's usually ripe. If pears are underripe, they should be held at room temperature until they respond to the touch test. They shouldn't be kept in the refrigerator until they're ripe.

\* \* \*

### CARROT AND ONION RECIPES...

Either carrots or onions can stand alone, but they make a might attractive team when they're combined...either cooked or raw. In view of the plentiful supplies of both, here are some interesting ways of using them, suggested by food specialists of USDA.

Carrot- Vegetable-of-all-Trades: The carrot is part and parcel of stews, pot roasts, soups and chowders...of vegetables and nut loaves, of sandwiches and salads.

You probably need to give little thought to plain-cooked carrots...unless to keep in mind that they should be cooked quickly, in just enough water to prevent sticking, and served in their own juice. The easiest way to serve carrots is to add salt and pepper

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to taste and a little meat drippings, or melted fat, just before serving them. Some like a little milk added at the last moment. To give a "lift", a bit of chopped onion can be added, or green onion tops, green pepper, parsley or chives. And a little vinegar or a squeeze or two of lemon juice adds a pleasantly sour note to the seasoning.

Panned Carrots: For variety, carrots can be sliced thin, placed in a frying pan with a little melted fat, covered and cooked slowly until tender. Season them with salt and pepper. Sliced onions can be combined with the carrots when they're cooked this way.

Carrot Scallop: Arrange three cups of sliced cooked carrots in a baking dish. Pour over them 2 cups of thin white sauce. Sprinkle with a mixutre of bread crumbs and grated cheese, if desire. Bake in a moderately hot oven, (375 F.) 20 minutes or until browned.

The One and Only Onion: There's nothing quite like the onion... it's more than a vegetable...it's really an almost necessary seasoning for many dishes...meats, soups, salads, vegetables... practically anything except desserts!

The general rules for cooking carrots apply to onions, too... and many people think there's nothing better than a boiled onion served with melted butter or drippings. They lend themselves to more elaborate service, of course...onions can be stuffed and baked, they can be creamed, fried, made into soup, scalloped, or cooked with another vegetable, such as carrots or tomatoes.

Scalloped Onions and Peanuts: Here's an interesting and delicious way of serving onions...a dish that could be the main course at luncheon or a simple supper. It combines two foods which are in generous supply at this time, too. Measure 3 cups of cooked onions, 1 cup of ground roasted peanuts, 2 cups of thin white sauce, 1 cup of bread crumbs blended with a little melted fat. In a baking dish, make alternate layers of onions, peanuts and sauce; top with bread crumbs. Bake in a hot oven (400 F.) 20 minutes or until crumbs are brown.

Cooking Time: As a guide to boiling carrots and onions, it may help the inexperienced cook to know that young carrots usually require from 15 to 20 minutes to become tender, and the older carrots from 20 to 25 minutes. Onions take from 30 to 40 minutes.

\* \* \*

#### ROOT OF VITAMIN A...

With carrots crowding the grocers' bins, there's no excuse for meals lean in vitamin A. Carrots, you recall, are rich in carotene which is converted to vitamin A by the body.

Texas, California, Arizona, Florida and Louisiana are the five State producing the winter crop of bunched carrots, and they have more to sell this year than last. There are also more of the topped carrots in storage than a year ago. These are held in volume in Michigan, Wisconsin, New York and Pennsylvania. The topped carrots

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(those sold in bulk with the greens removed) are cheaper than the bunched variety and as far as vitamin A is concerned, little has been lost in storage.

\* \* \*

#### U.S. INCREASES IMPORTS OF FATS AND OILS...

For the first time since 1942, there will be a period during which imports of fats and oils will be greater than our exports. The U.S. Department of Agriculture has just announced that during the first quarter of 1947, 240 million pounds of fats and oils are scheduled for import and 138 million pounds for export. This is on the basis of the International Emergency Food Council recommendations for international distribution of fats and oils for this period.

Exports will consist principally of lard, soybean oil, shortening, margarine and soap, together with relatively small quantities of other fat and oil commodities. Imports will be principally copra (for crushing into coconut oil), linseed oil, castor beans and oil, and smaller quantities of tung, rapeseed and other oils.

Palm oil, which is very important to us commercially, is not covered by the I.E.F.C. first quarter recommendations. The Department of Agriculture contemplates negotiating with Belgium for about 65 million pounds of this oil, in exchange for a like amount of domestic oils. Palm oil is used in the manufacture of tin plate for cans for packing food and other commodities, and has no substitute in commercial practice.

It is expected that this country's need for imported fats and oils will be much greater during the first half of 1947. During the latter half of the year, however, increased oil crops should provide more liberal supplies for export.

\* \* \*

#### SEWING MACHINE SUGGESTIONS...

The beginning of the new year is a fine time to take a look at the sewing machine...especially since many families do a lot of home sewing at this period of the year. As a matter of fact, the household equipment specialists of USDA advise keeping an oil can handy to use after each day's work, or after 8 or 10 hours of using the sewing machine.

Here's where to oil: squirt a drop in each oil-hole and each bearing...that's where one surface rubs against another or turns within another. On some machines a little block of felt or ball of wool feeds oil to the shuttle race, and this should be oiled, too. If there isn't any felt or wool, you can wipe a bit of oil on the race with your finger or a cloth. The tensions never should be oiled, however.

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Remember that a drop of oil is plenty. If you use too much, you're wasting oil, and if excess oil isn't wiped off, it collects dust. And if there's too much oil on the shuttle race or needle, it can cause stitches to skip. It's a good idea to run the machine a minute or two after oiling, to work the oil into the bearings.

If you keep your sewing machine covered between usings, you'll protect it from dust. And remember to slide out the needle plate occasionally and remove the lint that may have collected under it with a dry brush, or blow it away. The lint and dirt caught under here packs down if it isn't removed, making cleaning difficult. Here's another tip regarding between-times care of the sewing machine: Let the presser foot down on a scrap of cloth to help the tension stay at proper adjustment, and also to take up any excess oil that might run down the needle bar. If there's a long period of time when the machine isn't working, it's well to oil it occasionally to keep the oil in the machine from drying and gumming.

As for the kind of oil to use...the specialists recommend household machine oil which is put up by gasoline companies or sewing machine manufacturers.

\* \* \*

#### MAKING IT HOT FOR PANTRY PESTS...

We often think of insect pests in the pantry as being troublesome only in the warm weather. However, entomologists of the U.S. Department of Agriculture tell us that once they get into a kitchen they may damage foods at any season of the year. They've issued a special warning concerning dry milk, which, they say needs as much protection against these pantry pests as cereals and other dried foods often stored at home. The four different insects which may get into dry milk are the cigarette beetle, the Indian meal moth, the confused flour beetle, (yes, that's the right name!) and sometimes even the common clothes moth.

It's possible for packages of dry milk to become infested at the warehouse or the grocery store before they reach the kitchen. It isn't necessary to throw the milk away, though, if this should happen, because it may be heat-treated in the original package, sealed or open, and then transferred to metal or glass containers. The entomologists say just to put the package of milk in a slow oven (140 degrees F.) for about 30 minutes. Even this low temperature will kill the insects and their eggs, but it will not affect the quality of the milk. After the treatment, the milk should be kept tightly closed in a cool, dry place.

\* \* \*

#### PITTSBURGH PRODUCE INSPECTION...

When a homemaker shops for fresh fruits and vegetables in Pittsburgh she has the assurance that more than one half the rail-borne fresh fruits and vegetables she buys have been inspected and certified as to condition. Last May 16 leading Pittsburgh produce dealers, who handle more than 75 percent of all the rail

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receipts of fruits and vegetables at that city's yards, formed the Pittsburgh Produce Inspection Service, Inc., and inaugurated the new system. They agreed that each member must have every one of his cars, except those holding potatoes and onions, inspected as it is unloaded. This new set-up is an expansion of the inspection service which formerly covered only cars that contained produce of doubtful quality. Pittsburgh is the only city in the country which now has the new kind of Federally-supervised service in its produce market, but other terminal markets are considering adopting the system. The inspectors who make the rounds are paid by the Pittsburgh Produce Inspection Service, but they are selected, trained, and licensed by the U. S. Department of Agriculture. They work directly under Inspector J. J. "Pop" Gardner, who had handled inspection and grading for the Department in Pittsburgh for more than twenty-five years.

The inspection service in that city starts its week work at 7:30 Sunday morning. Sorting and piling crews then begin getting things ready for Monday morning sales. "Pop" Gardner arrives at the market just before his crew. He goes over the reports which indicate which cars are to be inspected. From the reports he learns what fruit or vegetable is in each car, and he gets an idea of how big a job is ahead of him. He hands out assignments to the inspectors on duty, who then search out the designated cars, and chalk-mark them with a large "IS," which stands for "Inspection Service."

As soon as the seal on the car is broken and the doors are opened, an inspector observes the general condition of its interior. He notes all shifting and breakage of containers, the ice in the bunkers, and the temperature of the product. As the crates or baskets of celery or apples or peppers are unloaded from the car, he takes samples. The number of samples vary with the commodity, but they are always large enough to be representative of the whole car. Each container from the sample is opened and the contents are carefully examined. Inspectors check produce and issue certificates for its condition, but they do not grade the commodities. They note just how much green, turning, or ripe fruits or vegetables, as well as how much, if any, bruised, soft, or decayed produce a car contains. A 4-dollar fee is paid for the inspection of each car. The new service has proved of great value in obtaining better packaging, better packing, and freedom from bruises and other damage. This is good business for the producer, the wholesaler and the retailer, and it's a boon to Pittsburgh consumers.

\* \* \*

#### PLENTIFULS FOR FEBRUARY...

##### NOTE TO BROADCASTER:

For those of you who are already working on February programs, the list of plentiful foods for the second month of '47 may offer menu suggestions.

There are eleven items that will be in very generous supply during February: Potatoes, onions, fresh citrus fruit, canned citrus

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juices, canned grapefruit segments, peanut butter, apples, dried peaches, celery, eggs, and heavy tom turkeys. There will also be good stocks of almonds and filberts offered as a result of the record yields of these two tree nuts in 1946.

\* \* \*

FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest report by wire for U.S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

BALTIMORE

Apples  
Beets  
Broccoli  
Cabbage  
Cauliflower  
Celery  
Eggplant  
Grapefruit  
Lettuce  
Lima beans  
Mushrooms  
Onions  
Parsley  
Parsnips  
Peas  
Peppers  
Potatoes  
Snap beans  
Spinach  
Sweetpotatoes  
Tomatoes  
Turnips

BOSTON

Apples  
Brussels sprouts  
Cabbage  
Carrots  
Kale  
Limes  
Onions  
Parsley  
Parsnips  
Potatoes  
Radishes  
Rutabagas

NEW YORK

Apples  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Eggplant  
Grapefruit  
Kale  
Lettuce  
Mushrooms  
Onions  
Oranges  
Parsnips  
Peppers  
Potatoes  
Radishes  
Snap beans  
Spinach  
Sweetpotatoes  
Turnips

PHILADELPHIA

Apples  
Beets  
Cabbage  
Carrots  
Cauliflower  
Collards  
Kale  
Onions  
Parsnips  
Potatoes  
Turnips

PITTSBURGH

Cabbage  
Carrots  
Cauliflower  
Collards  
Kale  
Lettuce  
Onions  
Oranges  
Parsley  
Potatoes  
Spinach  
Sweetpotatoes

WASHINGTON

Apples  
Cabbage  
Cauliflower  
Celery  
Grapefruit  
Greens  
Onions  
Oranges  
Potatoes  
Spinach  
Tomatoes

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**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
**Women's Radio Programs**  
January 24, 1947

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## BROILER FEASTS A-COMING...

During the next five or six weeks, broilers will be the poultry buy on most Northeast markets. The southwestern and eastern commercial broiler producing areas have bumper flocks. Most of the broilers sold in the Northeast come from the Delmarva Peninsula...which takes in Delaware, Maryland, and Virginia. That region is regarded by folks in the trade as the largest broiler producing section in the world. It is estimated that during February and early March from these areas will come 20 to 23 million pounds of broilers and fryers a week as compared with the current supply of approximately 15 million pounds.

These birds are young, tender and soft-meated. They weigh 2 to 3½ pounds and are ideal for broiling, barbecuing or frying. And so large is the supply that these broilers are being offered on the retail market now at prices lower than those for roasting and even stewing chickens.

The homemaker will find ample supply of whole dressed broiling and frying chickens in the market of her choice, and she may find cut-up parts from which she can make her selection. Some markets also offer individual broilers and fryers cut up, pan-ready and frozen in a package.

Increased consumption of this poultry in the heavily populated areas from Chicago east will help maintain a uniformly adequate volume at a fair price.

\* \* \*

## BROILING THE BIRD...

To broil chicken or other young birds, say the food specialists of the U.S. Department of Agriculture, have the heat of the broiler moderate for slow, even cooking. The smaller sized broilers are often split down the back only and cooked whole, with or without the breastbone. Larger birds are split down the back and breastbone, so that each half makes a serving. Breaking the joints and removing the wing tips makes broiled chicken easier to manage on the plate.

Before cooking the chicken, wipe it as dry as possible. Coat with melted fat and sprinkle with salt and pepper. Some cooks like to flour the chicken lightly...that's a matter of choice. Always start cooking with the skin side away from the heat. Keep the heat very moderate, and have the bird several inches from the flame or heating element. Turn the chicken several times as it browns, and baste frequently with the pan drippings or other melted fat. A 2-pound chicken (dressed weight) when broiled at moderate heat will probably need from 35 to 45 minutes to cook evenly to the bone.

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If more convenient, cook the chicken partly done in the broiler and finish in a moderate oven (300 to 350 degrees F.), or start it in a moderate oven and finish under the broiler.

Serve broiled chicken hot off the grid, with the pan drippings or melted fat poured over it. If you like, garnish it with toast points and a sprig of green.

\* \* \*

#### SNAP BEANS...

Many of the foods we talk about are supposed to have come to us from somewhere out of the heart of Asia, the cradle, not only of civilization, but of many of the things we eat. Beans, we hasten to add, are as American as corn, or pumpkin, or turkeys. They are believed to have originated, not in Ur of the Chaldees, but in South America, and to have spread thence to every habitable part of the world. And contrary to what Don Marquis said about beans, there will be, there must be beans in the Almost Perfect State. If ever we achieve that stage of development.

The marketing specialists of the U.S. Department of Agriculture say that there is a record crop of these fine-textured, brittle, stringless snap beans in your markets. Four million, six hundred and twenty thousand bushels, to be exact...twenty percent more than last year. We planted just as many acres last year, but the floods came and washed the beans away.

These snap beans that have had such a good working over by the breeders in order to take the string and the fiber out, are largely the varieties known as Bountifuls and Plentifuls. The pods are light, yellowish green, broad as beans go, and medium to long in length. Tackle some of these very fine edible pods...they add color and nutrition to the evening meal.

If you want those snap beans to taste just a bit different, try adding a little vinegar and sweetened cream (or evaporated milk) before you serve them...after they're cooked, of course. The sweet-sour flavor is very intriguing. However, if you like your green beans best when they're flavored with meat...especially the salted, smoked or corned variety...there's an easy way to achieve this end. After the meat is cooked, use a little of the liquid from the meat for cooking the beans. If this liquid is very salty, you may have to dilute it. Simmer the beans gently until they're done, and then season them to taste.

\* \* \*

DRIED PEACHES STAGE COMEBACK...

In terms of supply and demand, dried peaches are the most plentiful of the dried fruits now in the market. They're generally the lowest in price, also.

Few dried peaches appeared on civilian markets in this country during the war, as they were more urgently needed by our armed forces and allies. Now that the Army is no longer a customer for large supplies, and they're back in quantity at grocery stores, we need to be reintroduced to their values. The 1946-47 pack of dried peaches is above average in size and of very desirable quality.

\* \* \*

P.S. ON DRIED PEACHES...

Now that the cold weather makes a hot fruit sauce particularly appealing, you may like to have the directions for preparing it.

As a rule, soaking should be short and cooking slow. Wash the dried fruit, put it in a saucepan and cover with boiling water. If it's packaged fruit, there will doubtless be directions on the package. Otherwise, soak it until the fruit is plump; if it's rather hard and dry, it may require an hour or so. Remember, though, that if it soaks too long, too much flavor may be drawn out. Cook the fruit in the same water in which it has soaked, simmering slowly over low heat.

A few grains of salt help to bring out the natural sweetness. Dried peaches and apples, though, need extra sweetening... about 1/4 cup of sugar to each cup of dried fruit. To give fresh fruit flavor and vitamin C, squeeze lemon, orange, or grapefruit juice over the dried fruit before serving.

And for a delicious accompaniment to meat, try spiced dried peaches. This is made by adding a little vinegar and spice...or a little of the juice from a jar of pickled fruit... to the dried fruit sauce toward the end of the cooking.

NOTE TO BROADCASTER:

There's a story on dried peaches in the October 4th issue of RADIO ROUNDUP, which you may have in your files. In this we passed along to you several suggestions from the food specialists of USDA for using dried fruit in cooking.

\* \* \*



### BUTTER BRIEF...

Within the last month, butter prices have dropped almost 30 cents per pound at the wholesale level on Northeast markets. Retail prices in most cases have kept pace with this drop. Butter had been high in relation to other fats and oils, and because of buyer resistance, consumer purchases dropped off. That, plus a more than normal increase in butter production since November, accounts for a large share of the decrease in price. Butter consumption, limited under rationing, has not increased quite as fast as butter production.

\* \* \*

### CHEESE SIDELIGHT...

Cheese supplies are generally adequate, though maybe all the varieties you wish are not yet back in grocery stores. There will be more cheese in coming months, as milk production increases seasonally. And probably there'll be more natural aged cheese, in contrast to the volume of processed or cheese foods in evidence during the war and the past year.

\* \* \*

### PEANUT BUTTER SALAD DRESSING...

What with salad oil still on the shortage list, every one is sure to welcome ideas that will help to meet the situation. Peanut butter can take the place of all or part of the shortening in certain recipes for biscuits, cookies and cupcakes. But here's another way peanut butter can come to the rescue. You can use it to take the place of all the salad oil in a dressing that's fine for fruit, vegetable or meat salads.

Food specialists of the U.S. Department of Agriculture suggest a blend of equal parts of peanut butter and cream (or canned milk), plus a little lemon juice or vinegar, and seasonings to taste. For a flavor that will be specially delicious with vegetable or meat salads, you can stir in a little India relish or finely chopped cucumber.

As you probably remember, peanut butter's on the list of plentiful foods for February.

### NOTE TO BROADCASTER...

In the January 10th issue of RADIO ROUNDUP, we gave you other suggestions for the use of peanut butter.

\* \* \*

## PLANNING THE GARDEN...

February 2 to 8 has been designated by Secretary of Agriculture Anderson as National Garden Planning Week. It's the time when garden and horticultural leaders everywhere will organize local forces for an effective post-war garden program. Your own community will doubtless be taking some action at this time.

Here is a quick review of garden goals for 1947 as set by the U.S. Department of Agriculture in last November. These goals were set to:

- 1 - Insure better nutrition in many millions of American families.
- 2 - Provide families, particularly those in the lower income groups, with a net addition to the quantity of vegetables and fruits consumed by them.
- 3 - Assist in meeting the cost of living.
- 4 - Foster nutrition education and aid in the development of cultural values that come with home gardening and home grounds and community improvement

Thus, as Secretary Anderson said, the 1947 program has been adjusted to the peacetime needs of nutrition and the betterment of home grounds and communities.

### NOTE TO BROADCASTER:

Perhaps you'll like to make reference to the highlights of the National Garden Conference held in Washington, D.C. on December 5th and 6th. This was covered in the December 13 issue of RADIO ROUNDUP.

\* \* \*

## NEWS FROM FAO...

You've doubtless seen occasional reports from the Preparatory Commission of the Food and Agriculture Organization, so you'll probably be interested in knowing about the recommendations this Commission has just made. As you may remember, it was created by FAO at Copenhagen last fall to draw up plans for raising diets to a health standard for the people of all countries, and to stabilize agricultural prices at levels fair to producers and consumers. The Commission grew out of a proposal for a world food board made by Sir John Orr, Director General of FAO.

The Commission did not recommend a world food board, but did agree on other methods for reaching the same objectives which Sir John proposed and the nations agreed upon. Here are the recommendations:

1. That exporting and importing countries attack the price stabilization problem by making international agreements regulating the trade in specific commodities.

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2. That excess supplies arising under commodity agreements might be sold at special low prices to support supplemental food programs for needy countries...such as school lunch programs, or food stamp plans.

3. That the ministers of agriculture and nutrition of the FAO countries meet annually to consider the coordination of their various national agricultural and nutritional programs.

4. That FAO set up a council of 18 member countries which could meet several times a year to act for the FAO's annual conference on international questions of agriculture production, trade and consumption. FAO would cooperate closely with the proposed International Trade Organization.

The report now goes to 47 FAO member governments and to international agencies for study, before it is finally acted upon by an FAO conference. This will be at least several months in the future.

\* \* \*

#### HOMEMAKER SURVEY ON HOUSE DRESSES...

Have you heard about the results of a survey regarding house dresses, conducted by the American Home Economics Association? In a nation-wide project called "The Consumer Speaks", over 11,000 women in 750 groups throughout the country told what they wanted in house dresses.

#### NOTE TO BROADCASTER:

Those of you who feature women's apparel on your programs should be particularly interested in the final conclusions drawn from this survey.

Here are their specifications:

1 - Color fastness and shrinkage control are at the top of the list.

2 - 100 percent cotton dresses are preferred. There is opposition to fabrics that need special care in laundering.

3 - Dresses should be all washable, including shoulder pads, buttons and belt.

4 - Better buttonholes and better belts are wanted.

5 - A fuller skirt is desirable, with the fullness achieved by means of gores, rather than pleats. A gored skirt is easy to iron.

6 - Hems at least 2½ inches wide are considered essential, unless the shrinkage is controlled.

7 - Other details of style suggested are full length front openings, larger pockets, short sleeves, simple necklines, set-in belts.

8 - Correct sizing and proportioning for different figure types are considered important. For example, the women surveyed said they'd like to find that a size 16 dress was the same in

(MORE)



all stores. Regardless of size, they're asking for dresses that are roomy and easy to work in. Older women who are short would like mature styles in small sizes. Younger women who need large sizes would like to be able to get these in youthful styles.

9 - Better workmanship generally is asked for, at all prices. In the low-priced models, however, there's a particular need for well-made dresses that are neat, securely sewed, and with seams at least one-half inch wide.

10 - Medium-priced house dresses should be more attractive than the low-priced dresses, better styled and better made. Many women think that a medium-priced house dress should look well enough for street wear, too.

Judging from the opinions expressed by these 11,000 American women, what this country needs is more and better house dresses at reasonable prices.

\* \* \*

### FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U.S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

#### BALTIMORE

Beets	Mushrooms
Cabbage	Peppers
Carrots	Potatoes
Cauliflower	Snap beans
Celery	Sweetpotatoes
Lettuce	Tomatoes
Lima beans	Turnips

#### BOSTON

Apples
Blue Hubbard
squash
Cabbage
Carrots
Collards
Grapefruit
Kale
Onions
Oranges
Potatoes
Turnips

#### NEW YORK CITY

Apples	Kale
Broccoli	Onions
Broccoli-	Oranges
rabe	Potatoes
Cabbage	Snap
Carrots	beans
Collards	Sweet-
Escarole	potatoes
Grapefruit	Tangerines
Hubbard	Turnips
squash	

#### PHILADELPHIA\*

Cabbage
Grapefruit
Onions
Oranges
Potatoes
Sweetpotatoes

#### PITTSBURGH

Apples	Oranges
Cabbage	Potatoes
Carrots	Spinach
Celery	Tangerines
Grapefruit	Turnips
Onions	

#### WASHINGTON

Apples	Potatoes
Grapefruit	Snap
Greens	beans
Lemons	Tanger-
Onions	ines
Oranges	Turnips

\*As this edition of Radio Round-up goes to press, it is expected that operations on the Philadelphia produce market will be back to normal sometime next week. For a more detailed summary of plentiful fruits and vegetables on that market, we suggest you keep in close contact with your local market news men.

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Northeast Edition

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

January 31, 1947

## W H A T ' S      I N S I D E

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.



## FOREIGN FOOD SITUATION...

The food shortage abroad may be critical before the next harvest...that's the summing up of a report early this month from the U.S. Department of Agriculture's Office of Foreign Agricultural Relations. The world's food reserves as of the first of this year were slightly larger than a year ago...fewer countries are critically short of food...yet there are still a number of countries without enough food in sight to last until the next harvest.

Food imports into the shortage areas during the last half of 1946 were somewhat less than had been expected. While the world supplies of most important food products are larger than a year ago, the quantities available for export (with the exception of wheat) are sharply below the prewar level. And speaking of wheat, the current Argentine harvest is producing about 50 percent more than last year, but carryover stocks were low. The Australian crop is less, however, so actually there's little difference between this year and last in the amount of wheat the Southern Hemisphere can furnish. As for Canada and the United States, their stocks of wheat are lower and transportation has been limited. This may mean a reduction in the prospective exports from these two countries for the crop year 1946-47.

The supplies of sugar, also of fats and oils, available for world trade will continue far below prewar figures.

One encouraging fact is that nearly 2 million tons of rice will be available for export from the areas where a surplus is produced, which means an improvement in the Far Eastern rice picture. Less than one million tons were available during 1946. However, the prewar average is over 7 million tons.

Coming back to wheat.. the shortage of this grain is likely to be an important factor in the deficit countries during the spring months. This means, according to the Office of Foreign Agricultural Relations, that the food outlook for the first six months of this year is as serious for a large part of continental Europe as it was a year ago.

\* \* \*

## THAT POTATO PROBLEM...

Potatoes are still very much with us...a problem to the tune of about 45 million bushels. That's the surplus reported as of January 1st, when the stocks on hand were at an all-time high of 150 million bushels. This surplus should be used up before the warm weather, if we're going to avoid the waste of much valuable food.

The U.S. Department of Agriculture, as you doubtless realize, is making every effort to help homemakers get potatoes of high quality at reasonable prices. However, there are those who don't make as wide use of potatoes as they might, because they're in a

(MORE)



but when it comes to ideas about styles of cooking and serving. To a good many men, of course, potatoes are the traditional accompaniment to meat, and nothing more. Which reminds us of the story about Madame Schumann-Heink and Enrico Caruso, the great opera singers. One day Madame Schumann-Heink was sitting at the dinner table with an enormous steak in front of her. Caruso passed her table, and seeing the huge serving of meat on her plate, said: "Stina, you're not going to eat that alone!" "No indeed," replied Schumann-Heink, shaking her head, "No, not alone. With potatoes."

Potatoes don't need to be served in the shadow of the meat course...they have lots of individuality of their own, and can easily form the backbone of a luncheon or any other simple meal. There are scalloped potatoes, potato pancakes, potato salad (hot or cold), stuffed baked potatoes, potato soup, and creamed potatoes...to mention a few.

The food specialists of the U.S. Department of Agriculture suggest giving familiar potato dishes a "different" taste by changing the flavor a little. For instance, when you're serving creamed potatoes, grate a bit of onion or cheese into the sauce. Or, for a touch of color and added food value, stir in cooked peas and carrots, or chopped parsley, just before serving.

And instead of the old familiar potato soup (which is mighty good, incidentally!) you may like to try a tested recipe which brings in meat stock, carrots, celery, tomatoes and rolled oats...practically a meal in itself. Here's how it's made:

#### POTATO SOUP WITH OATMEAL

4 Cups meat stock or bouillon cubes	$\frac{1}{2}$ Cup chopped celery
2 Cups diced potatoes	$\frac{1}{2}$ Cup rolled oats
$\frac{1}{2}$ Cup sliced onions	$\frac{1}{2}$ to 1 Cup cooked tomatoes
1 Cup sliced carrots	Salt and pepper

To meat stock add potatoes, onions, carrots and celery. Bring to boiling point. Gradually stir in rolled oats. Simmer 20 minutes, or until vegetables are tender. Add the tomatoes. Season with salt and pepper.

#### NOTE TO BROADCASTER:

You'll find this recipe in the USDA booklet "Potatoes in Popular Ways" (AWI-85) which you probably have in your files. This will give you other interesting information about potatoes, and many suggestions for cooking.

## BLUEPRINT FOR GREEN THUMBS...

### NOTE TO BROADCASTER:

The following story is entirely background material.

Last week in Radio Round-up, we told you the garden goals for 1947 and pointed out that February 2 to 8 was designated by Secretary of Agriculture Anderson as National Garden Planning Week.

This will be the week to accent plans...to determine the place and size of the garden...whether there will be vegetables only or (because the wartime urgency of gardening for more food is past) whether there will also be flowers and shrubs. The vegetable arrangement should be considered in terms of continuous plantings and maximum use of sunshine. The flowers and shrubs should be placed for long-term advantages. This is the time also to plan on hiding the city or farm eyesore with a curtain of evergreens or other shrubs...community planning officials might be contacted for details on improvement plans. Good garden planning calls for a study of fertilizers, sprays and equipment as well as plant and seed varieties.

As for program suggestions: You might interview garden leaders in your community...county and State Extension Service personnel, garden club representatives or youth club gardeners...for local plans. Find out what aid will be given beginners who will have gardens for the first time. There will be schools to contact to see if they are planning gardens...the produce from these to be canned in community centers for school lunch programs. You may wish to contact seed houses and nurseries in regard to new plant varieties, hybrid and disease-resistant seeds and plants developed in recent years. Local garden experts can tell the time to order seeds and the appropriate planting dates for your region. You might find out whether your civic government or garden club is going to sponsor a garden or beautification contest...if so, now is the time for participants to get on the mark and ready.

\* \* \*

## GARDENING FOR THE BASIC 7...

Apropos of National Garden Planning Week, the U.S. Department of Agriculture's nutritionists recommend using the Basic 7 as a guide in planning the home garden. As you know, three of these food groups are made up of vegetables and fruits, and the properly planned garden can supply a good many of the foods included in these categories.

For instance, in the leafy, green and yellow vegetable group, the list includes kale and other leafy greens, limas, snap beans, carrots, and green peas, to mention a few. These vegetables are rich in vitamin A. The daily diet should include one or more servings of these.

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Then there's the Basic 7 group which supplies vitamin C... the headliners being citrus fruits, tomatoes and raw cabbage. Tomatoes are the most popular of garden vegetables, and nutrition-conscious home gardeners should plan to raise a good supply of them. In addition to cabbage, there are turnips, salad greens, and green peppers, all of which supply vitamin C when they're served raw. If the garden space provides room for fruit, strawberries and cantaloupe are both vitamin C providers. One or more daily servings of vitamin C foods is also advisable.

The third Basic 7 group which can draw supplies from the home garden is the one which includes potatoes and other vegetables and fruits, such as onions, radishes, turnips, and beets. And by the way...beets and turnips do double-duty in the diet, since both roots and fresh green tops are good food. These foods add various vitamins, minerals and other materials needed by the body. The nutrition specialists advise two or more servings daily from this group.

So.o.o.o...keep the Basic 7 in mind when you're drawing up this year's garden plans...it will pay dividends in better eating and better health.

\* \* \*

#### MORE CITRUS SUGGESTIONS...

Most folks like oranges, or foods with an orange flavor...and right now, while there's a plentiful crop of citrus fruits, at low prices, it's a good time to bring them into the daily meal plans. Perhaps you'd like a few suggestions about serving citrus... they'll add variety and flavor to wintertime meals.

For instance, unpeeled orange slices make a colorful and appetizing garnish for meat, especially good with pork, veal, lamb and poultry. They can be served plain, or brushed with French dressing and broiled.

A delicious variation of the popular orange and cranberry relish can be made with a fresh orange and canned cranberries, either jelly or sauce. Here's the streamlined method: run one orange, skin and all, through the food chopper...first removing the seeds, of course. Combine this with canned cranberry jelly, or strained cranberry sauce. It probably won't need any additional sweetening, but if you like, you can add a little sugar.

To your ideas about citrus fruit salads, add the note that oranges combine very well with either cabbage or carrots in a salad.

Here's an orange-flavored syrup that's perfect with waffles or pancakes, and will dress up plain vanilla ice cream in fine style. Mix together a plain sugar syrup or light corn syrup and an equal amount of orange juice; boil the mixture for just a few minutes, perhaps. Then add a little grated orange rind for a stronger flavor.

(MORE)



And as a postscript to this note about oranges, here's a grapefruit suggestion. Even the most confirmed devotees of chilled grapefruit have been known to capitulate to broiled grapefruit. It's really delicious, as heating seems to intensify the flavor, and also makes it more juicy. Cut a grapefruit in halves, loosen the sections, then sweeten it with a bit of brown sugar, maple sugar, or pour a little honey over the top. Dot it with table fat, sprinkle with cinnamon or nutmeg, and place it under the broiler until it's thoroughly heated and brown on the top. Serve it as appetizer or dessert. Those who scoffed will eat their words...and the grapefruit!

\* \* \*

#### A SELECTION OF MEAT...

Beef and pork cuts are coming to retail stores in liberal volume. Most of the beef animals sold at present are moving from feed lots...which means more meat in the higher grades. You'll find a large share of the cuts rating "U.S. Good," and there may be more of the "U.S. Choice" grade than in recent weeks.

There is generally a wide selection of pork on most northeast markets. This is the peak of the marketing season for pigs that were born last spring. These porkers will soon be dwindling in numbers, and there will be a seasonal low in supplies until the fall pig crop starts coming to market in time for that traditional Easter ham.

\* \* \*

#### PORK POINTERS...

Since pork supplies are at a high level right now, it would be a good time to consider some suggestions for cooking this delicious meat. Pork differs from other meats in that it always requires thorough cooking. It should be served well done, as a health safeguard. As you doubtless know, pork sometimes contains the trichina parasite, which must be destroyed by thorough cooking or by special methods of processing. Otherwise it may cause illness. Pork shoulder and spareribs make excellent roasts in the moderate price range. If the shoulder is boned, it will carve as easily as a loaf of bread. Either a fresh or cured pork shoulder may be selected, and after it is skinned and boned, a savory stuffing can be used to add bulk and delicious flavor to the meat. If a strongly cured pork shoulder is used, it's well to soak it overnight in cold water to cover, drain, and wipe dry before stuffing. Mildly cured meat need not be soaked. Raisin stuffing is specially good with the cured pork shoulder, by the way.

As for pork spareribs, these are particularly good served with stuffing. Apples and pork are very congenial anyway...apple sauce being the traditional accompaniment to roast pork.

(MORE)

The same cooking precautions apply to sausage; whether it's bulk sausage made into cakes, link or cased sausage...long, slow cooking to a well-done stage is an absolute necessity. Here again, apples are the perfect accompaniment. Slices of tart, firm apples can be cooked in the sausage fat and served with the cakes or links. Sliced pineapple, drained and browned in the fat, also goes very well with sausage.

If you want a word or two about food values, well-cooked pork is a good source of the B vitamins, particularly thiamine, and, like all meat, an important protein food. Sausage contains more fat and less of the proteins and vitamins, while bacon is mainly important for fat and flavor.

\* \* \*

#### MORE SUNNY SIDES...

American consumers did better by themselves than an egg-a-day during 1946. Latest figures indicate that we ate 382 eggs per capita during the past year. Another thing, egg use set a new high during the second half of the year. Usually egg consumption is higher during the first six months when the supply is seasonally plentiful and prices are more reasonable. We not only did justice by our eggs in the first part of 1946, but because meat supplies were short of demand in the second half of the year, and because egg prices were favorable in relation to meat prices...we set a record for egg use October through December.

We're again approaching the season of high egg production, and there's no apparent let-up in egg purchases.

\* \* \*

#### EGGS IN PAPER BAGS...

In the last month or so many homemakers in the northeast have been obliged to tote their eggs home in paper bags, rather than in the customary cartons. If you've been wondering why your dealer has not sold eggs in cartons, you may be comforted to know that it is probably not his fault.

Retail distributors say that more eggs are being packed in cartons than during the war. But as a result of the over-all paper and paperboard shortage, many egg distributors have not been able to get all the cartons they need. Manufacturers in the northeast estimate that the demand is at least 20 percent above current supplies.

To make the situation even more acute, egg production is nearing its seasonal peak, and will continue until about May. The demand for cartons will increase. It is probable that under present conditions the carton shortage will continue to lag behind needs throughout the heavy spring marketing period.

\* \* \*



FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest report by wire from U.S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

BALTIMORE

Apples  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Endives  
Escarole  
Greens  
Lima beans  
Mushrooms  
Onions  
Peppers  
Potatoes  
Radishes  
Snap beans  
Spinach  
Sweetpotatoes  
Tomatoes

BOSTON

Apples  
Cabbage  
Carrots  
Collards  
Grapefruit  
Kale  
Onions  
Oranges  
Parsnips  
Potatoes  
Turnips  
Winter squash

NEW YORK

Apples  
Beets  
Broccoli-rabe  
Cabbage  
Carrots  
Cauliflower  
Celery  
Collards  
Grapefruit  
Hubbard squash  
Kale  
Mushrooms  
Onions  
Oranges  
Parsnips  
Potatoes  
Sweetpotatoes

PHILADELPHIA

Cabbage  
Grapefruit  
Onions  
Oranges  
Potatoes

PITTSBURGH

Apples  
Cabbage  
Carrots  
Collards  
Grapefruit  
Lettuce  
Onions  
Parsnips  
Potatoes  
Shallots  
Sweetpotatoes  
Turnips

WASHINGTON

Apples  
Cabbage  
Celery  
Grapefruit  
Greens  
Lemons  
Onions  
Oranges  
Potatoes

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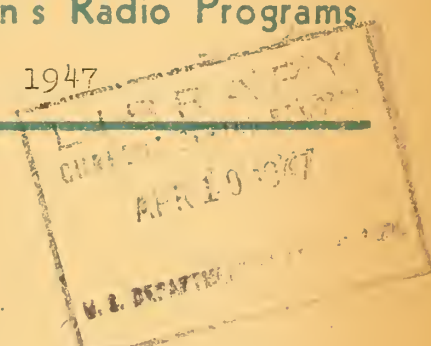


Northeast Edition

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

February 28, 1947



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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.

## NATIONAL 4-H CLUB WEEK...

National 4-H Club Week is being observed from March 1 to 9, as you may know. The State Club leaders have selected the theme... "working together for a better home and world community."

Boys and girls between the ages of 10 and 12 are eligible for membership. They must agree to "learn to do by doing." Some phase of farming, homemaking, or community activity, under the guidance of cooperative extension workers and the local leaders trained by them. Each club elects its own officers from its membership and conducts the affairs of the club through democratic procedure. Club members plan the program, select their own demonstrations, discuss problems of their communities and work out ways to help solve them.

Membership in the 4-H Club last year was nearly 1,700,000. Over 178,000 men and women served as voluntary local leaders of clubs. About 11 million American men and women have been 4-H Club members in their youth. 4-H Club work is a part of the national system of cooperative extension work in agriculture and homemaking, in which the U. S. Department of Agriculture, the State Land-Grant Colleges and the counties participate.

In proclaiming National 4-H Club Week for 1947, President Truman said: "...4-H Clubs have become an outstanding influence in developing the cultural, social and recreational, as well as the practical aspects of modern rural life. As a character-building influence they are unsurpassed."

"	<u>NOTE TO BROADCASTER:</u>	"
"	You may be planning an interview with some of	"
"	the 4-H Club leaders in your community, and here are	"
"	a few facts which would be helpful in writing such	"
"	an interview.	"

\* \* \*

## LOCK, STOCK AND INSPECTION...

This story is about inspection of cheese. But before we talk about cheese, there's a little background that should be dubbed in. So hold on, or hop on, and when we come back to cheese, we hope you'll still be with us.

The U. S. Department of Agriculture offers a service known as continuous inspection service...has been offering it since the 1920's. It's a voluntary service...available to any plant that is willing to pay for it. Right now, there are approximately 80 processed fruits and vegetables that are packed under continuous inspection.

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This service means that the government has a crew of inspectors on tap. One of these inspectors is assigned to the plant that has requested continuous inspection. The inspector becomes a resident at the plant...stays there continuously throughout the whole processing operation, checking the raw materials, checking the plant equipment, checking the sanitary conditions. Inspectors keep a keen, trained eye on the product, the people, and the equipment. If everything meets ~~their~~ approval, the product comes out of the plant wearing a shield on which is inscribed the following legend:  
"Processed and Packed Under Continuous Inspection of the U. S. Department of Agriculture."

Now let's go back to cheese. During the war years, when the government agencies were purchasing various commodities for lend-lease, UNRRA and for the armed services, cheese was manufactured under the Department's continuous inspection service. Right there and then, this service sold itself, lock, stock and inspector.

Remembering how valuable continuous inspection proved during the war, one big dairy company has been using it in all its regular, commercial production. This means that every package of processed cheese that leaves its portals wear the USDA shield... the very same shield that so many homemakers know so well, and have been seeing for years on many of their canned fruits and vegetables.

\* \* \*

#### CAPTURED GOLD...

And now something new under the sun makes its appearance. Coming out in the 1945-46 season, canned tangerine juice leaned from half a million cases to over a million.

Already, standards have been developed for this new product... standards that will indicate the quality of the tangerine juice you buy. So, by the time the forsythia starts unfolding its yellow buds...you'll be seeing Grade A for "Fancy" and Grade C for "Standard" tangerine juice. These standards are voluntary. The Government works them out.. then it's up to the packer, whether he wants to use them or not. If you don't see "A" or "C" on the wrapper, why not ask your grocer about it. It's a big help to know, at a glance, the quality of the product you're putting in your market basket.

Perhaps you're curious to know why Grade "B" isn't included in tangerine standards. It's because some fruits and vegetables cannot be divided into three grades. This includes spinach and tomato juice and catsup. There are others, too where there's not enough difference to justify three grades. That's the way it is with tangerine juice.. either fancy or standard...with anything below "C" registering "Substandard" a product that can't boast of its quality.

(more)



Tangerine juice had its beginning when Florida growers found themselves with more tangerines on hand than could be shipped out of the State. Last year, the crop was a little over four million boxes. Tangerines are so popular, that it seemed a shame just to enjoy such a short "season in the sun." So into the can, the growers decided the tangerine would go.

It wasn't easy going for the tangerine extractors. Not in the beginning, anyway. They ran into trouble...mainly off-flavors. Now they've developed better processing techniques. And it looks like the sky's the limit for this new product.

Not only does it provide a channel to siphon off the excess tangerine harvest...it also gives consumers a new citrus drink. One that's delicious and nutritious. .heady...keeps well, and can be endowed with an "A" or "C" rating. What else can we ask for?

\* \* \*

#### LETTUCE MILEAGE...

Lettuce promises to be in moderate to generous supply in the following weeks here in the Northeast. For the past two months, most of our lettuce supply has come from the Imperial Valley of California, but the season in the Valley is tapering off. Now the bulk of lettuce on Northeast markets is expected to come from Arizona.

Thanks to modern transportation systems and artificial ice, lettuce is now available in most markets the year round. Lettuce, grown in winter garden areas, is packed in crates with crushed ice between the layers. Additional ice is packed around the crates in refrigerator cars. Thus, lettuce, packed in California reaches the most distant eastern markets in fine condition after a lapse of 11 to 13 days.

Besides Iceberg lettuce from Arizona and California, there will be the Big Boston-Type lettuce and the Romaine from Florida. The Boston-type lettuce has thick, very green leaves and a looser leaf formation than Iceberg lettuce. Romaine has slender green leaves and a long...rather than a round...head formation.

As for the price --- well, it's considered not too expensive for this time of year.

\* \* \*

#### POINTS ON PLENTIFULS...

Potatoes have been moving to market in large quantities for the past few months, and will continue generally available in all areas. Fresh citrus from the bumper 1946-47 crop will still come to market in good quantity, despite the cold weather damage in Florida. The pack of canned grapefruit segments was large, and there will be an abundance of this, as well as of canned citrus juice. Egg production should reach a peak during March.

(more)

Texas spinach will be plentiful and of good quality in northern markets. In addition large supplies of fresh spinach are expected from the Norfolk area of Virginia the latter half of the month. While the 1946 pack of canned spinach was not unduly large, the frozen pack is slightly larger than that of 1945, and establishes a new record

In the eastern States, kale also makes the plentiful food list for March. Kale acreage is up this year. The country's supply during this season comes principally from the Norfolk area, and distribution is largely in States along the eastern coast. The competition between kale and spinach should result in lower retail prices during March.

Thick heavy tom turkeys are still plentiful. However, they'll go mostly to hotels, restaurants and other institutions engaged in group feeding. Storage holdings of all turkeys (with a large proportion of heavy toms) were 20% higher on January, 1947 than a year ago, and more than double the corresponding 1942-46 average.

"	<u>NOTE TO BROADCASTER:</u>	"
"	In the February 7th issue of <u>RADIO ROUND-UP</u>	"
"	we told you about the foods on the plentiful list	"
"	for March. You may want to feature these from time	"
"	to time in your menu plans, so here's the list again:	"
"	<u>potatoes, oranges and canned orange juice, grape-</u>	"
"	<u>fruit and canned grapefruit juice and segments.</u>	"
"	<u>spinach (fresh and processed), peanut butter, eggs</u>	"
"	<u>and commercial broilers.</u>	"
"		"

\* \* \*

### FISH ON THE TABLE...

Fish becomes increasingly important in many homes during the Lenten season. To help homemakers serve a variety of fish dishes here are a few suggestions from the Fish & Wildlife Service of the Interior Department on fish cookery, which you may like to consider.

They point out that while each section of the country favors certain species of fish and certain recipes, nevertheless the basic rules for fish cookery are few and easy to follow. Therefore, as the meal planner you shouldn't limit yourself too much on your fish purchases, but go ahead and take advantage of the wide variety of fish products you may find in your markets. For example, haddock, red snapper, halibut and many other kinds of fish can be prepared by the same recipe, and will be equally appetizing. Here are some specific instructions about basic methods of fish cookery.

(more)



Frying: -- Frying fish has long been a popular method of cooking. Cut it into serving portions, salt on both sides, and let stand for about ten minutes to absorb the salt. Then dip the pieces in liquid --- beaten egg, milk or water --- cover with some dry cereal, such as cornmeal, or flour, cracker crumbs or bread crumbs. One recommended method is to dip the pieces of fish in water and roll in a mixture of  $\frac{1}{2}$  cup of sifted dry bread crumbs and  $\frac{1}{2}$  cup of flour.

For pan frying, use a heavy cast-metal frying pan containing about  $\frac{1}{4}$  inch of fat, hot but not smoking. Place the fish in the pan, cover, and cook at moderate heat, turning when brown. In view of the continuing shortage of fats and oils, you probably wouldn't want to fry fish in deep fat.

Broiling: -- Either fillets or steaks are fine for broiling. Wipe the fish, salt on both sides, and let stand for about 10 minutes to absorb salt. Grease a shallow pan and lay the fish in it with the skin side down. If the fish is oily, no additional fat is needed; otherwise, add enough to season well. Place fish under the flame in a preheated broiler at moderate heat (350 to 375 degrees), and cook for 20 to 30 minutes. If the fish is large and thick, heat it for 15 to 20 minutes in a moderate oven before placing it under the broiler flame.

Baking: -- Steaks or fillets also may be baked, and here's a good way of doing it. For three pounds of fish, you'll need  $\frac{1}{4}$  cup melted fat, 2 tablespoons lemon juice and 1 teaspoon minced onion. First, salt the fish and let it stand, as outlined before. Then combine the three ingredients mentioned and dip each piece of fish into the mixture; place them in a greased, shallow baking dish, pour the rest of the fat over the top and bake in a moderate oven (350 to 375 degrees) about 25 minutes. If not brown enough, place under the flame of the broiling oven. Sprinkle the fish with chopped parsley and serve from the baking dish.

For an extra-special fish dinner, a whole fish can be stuffed and baked. Planking is another fine way of serving fish, and can be used for any fish suitable for either baking or broiling. In this case, the cooked fish is placed on the table without being transferred to a platter, you know. The plank should be put into a cold oven and preheated with the oven. When it's hot, remove it and oil thoroughly; then place the fish on it and proceed as directed for broiling or baking.

Simmering or Steaming: -- Fish, like meats, should be simmered, never boiled. Lean fish rather than fat are preferred for this method of preparation, because the flesh has less tendency to fall apart. The fish can be protected further from breaking by using a wire basket, a perforated pan, or by wrapping in cheesecloth. To simmer, place one layer of fish cut into suitable pieces for serving in a basket or perforated pan. Lower it into simmering, salted water, cook about 20 minutes or until tender, remove and drain. Serve hot with a rich, bright-colored sauce.

(more)



To steam fish, cut into serving pieces, salt on both sides and let stand for ten minutes. Place fish, one layer deep, in a well-oiled steamer, and let cook about 20 minutes, or until tender. Serve hot with a seasoned butter dressing, or with tomato or egg sauce.

Flaked Fish: -- If boiled or steamed fish is left over, it may be flaked and stored in the refrigerator until the following day. These fish flakes may be combined in many ways with other ingredients to give a pleasing variety to the menu.

\* \* \*

### SHELLFISH BILLING...

Oysters are in better supply at fish counters now than for the past two years at this date. They're still short of demand, though, because floods in the south and recent cold weather have retarded production. With the strong demand, prices are fairly high. And as during the war, most oysters will be sold in fresh or frozen form.

This favorite shellfish grows along the Atlantic and Gulf Coasts...from Cape Cod to Texas...and on the Pacific Coast, principally along the coast of the State of Washington. As for size, the Atlantic Coast or Eastern Oyster is midway between the tiny Olympia Oyster of Puget Sound and the enormous Pacific or Japanese Oyster. The meat of the Olympia Oyster is about as big as a man's thumbnail. The Japanese Oyster may get to be ten inches long. Eastern Oysters, though they might attain a length of six or eight inches, are marketed smaller. When sold in shucked form, oysters are classified as: Standard, Select, or Counts. "Standard" or small oysters are popular for stewing and for cocktails. "Counts" or the large oysters are generally fried, and the "Select" or mediums can be used for frying, stewing or for cocktails.

It might be of interest to you to know that the oyster industry is holding a series of meetings in States along the Atlantic and Gulf Coasts to step up oyster production. Lack of labor and equipment during the war meant that many oyster beds could not be attended and cleaned. Steps are now being taken to restock the beds and enforce conservation laws so that production can be increased.

\* \* \*

FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U.S. Department of Agriculture's market reporters. For daily developments during the week phone your local market news office.

BALTIMORE

Apples  
Avocadoes  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Grapefruit  
Lettuce  
Mushrooms  
Parsnips  
Parsley  
Potatoes  
Spinach  
Sweetpotatoes

BOSTON

Apples  
Blue Hubbard  
Squash  
Cabbage  
Carrots  
Collards  
Kale  
Onions  
Purple-top  
turnips  
Rutabagas

NEW YORK

Apples  
Beets  
Broccoli  
Cabbage  
Collards  
Grapefruit  
Kale  
Lettuce  
Mushrooms  
Onions  
Oranges  
Potatoes  
Sweetpotatoes  
Turnips

PHILADELPHIA \*\*

Apples  
Beets  
Broccoli  
Carrots  
Onions  
Parsnips  
Potatoes  
Sweetpotatoes

PITTSBURGH

Apples  
Cabbage  
Carrots  
Cauliflower  
Celery  
Grapefruit  
Lettuce  
Onions  
Oranges  
Potatoes  
Tomatoes

WASHINGTON

Apples  
Beets  
Cabbage  
Greens  
Lettuce  
Onions  
Oranges  
Turnips

\*\* These commodities are in moderate supply on the PHILADELPHIA market. Most receivers are still closed by the current labor conditions. Nothing is in heavy or even liberal supply.

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FBRIN

**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

March 7, 1947

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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service -- Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.



WORLD FOOD SITUATION STILL SERIOUS...

The food situation is still serious in some parts of the world, according to the final scheduled report on 1946-47 food prospects of the U. S. Department of Agriculture's Office of Foreign Agricultural Relations, released last week.

There's been a slight gain in food production. Fewer countries are in acute need of food. However, in several countries, the present low level of rations will have to be reduced sharply unless they receive large imports before the next harvest.

The most serious European food shortages are in Germany, Austria, Rumania, and the Soviet Union. Food supplies in certain parts of the Far East also are still seriously low, in spite of increased rice production.

The expiration of UNRRA is making it necessary for several countries formerly receiving relief to make arrangements for financing future imports wherever possible. Wheat, flour, rice, sugar and vegetable oils are likely to be in particularly strong demand.

Much more food is expected to be exported to the countries in need during the first half of 1947 than was sent in the last half of 1946. The volume may even exceed the spring months of 1946.

Breaking down the statistics...

Grain: -- A larger proportion of the grain supply shipped from United States and Argentina will be corn and food grains other than wheat, because there are larger supplies of these in the two countries.

Sugar: -- Sugar exports during 1947 will be substantially larger than a year ago, because of increased Caribbean production. Not as much will be sent, though, as if adequate supplies were available.

Vegetable Oils: -- Only a gradual improvement in supplies of vegetable oils is in prospect. Therefore, only a moderate increase in exports is expected during 1947.

NOTE TO BROADCASTER:

This is supplementary to our ROUND-UP story of February 21st.

## EGG EXPLANATION...

There will be eggs a-plenty this month, though the recent cold weather has slowed things down a bit along the production line. By the first of April we'll be approaching the peak of egg supply, as you know, but even now, production is ahead of consumer demand in most places. For this reason, the U. S. Department of Agriculture's Production and Marketing Administration is trying to give eggs a slight "push", especially during the period from March 6 to 15. You see, military, foreign and storage requirements are down from last year, and production is up, all of which means there are more eggs than usual available for the American consumer.

Food specialists of the Bureau of Human Nutrition and Home Economics urge that you treat a good egg right by storing it under proper conditions. These conditions, in three words, are: Clean, covered, cold.

Eggs with clean shells keep best. Wipe off soiled spots with a damp cloth, but don't wash eggs until just before you use them. When eggs are first laid, the shells have a film known as the "bloom" which seals the pores and helps keep out bacteria and odors. Washing removes this protective film.

Store eggs in a covered bowl or pan, away from strong-smelling foods. Believe it or not, without a cover, eggs lose moisture faster and are more likely to absorb odors.

Keep eggs in the refrigerator or other cold place. When they're stored at room temperature, eggs may lose as much quality in 3 days as those kept 2 weeks in a good refrigerator.

If any eggs have cracked shells, use them first.

To keep leftover egg yolks or separated whites until they can be used, place yolks in a dish or cup and add just enough cold water to cover. Put egg whites in a jar or dish and cover tightly. Be sure to keep them cold.

### NOTE TO BROADCASTER:

As background material for any egg data you may be including in your program at this time, here are some hints on storage, from the food specialists of the Bureau of Human Nutrition and Home Economics.

### SCIENTIFIC OK ON HAM AND...

Just in case you ever feel the need for justifying ham and eggs you may be interested to know that science has pronounced a blessing on the partnership. Scientists of the Bureau of Animal Industry, USDA explain that there are very good reasons why ham and eggs are an efficient and satisfying food combination. One is because the proteins of these foods supplement each other so well that they supply more nourishment when eaten together than when they're eaten separately.

Tests made by the Bureau involving these and other protein foods have proved this. Previous experiments had shown that the protein in pork enhanced the value of bread eaten with it. And now it appears that the protein of eggs enhances the value of the protein in pork when they're eaten together...as in ham and eggs.

\* \* \*

### MACARONI ENTREE...

There should be no scarcity of macaroni, spaghetti and noodles in the month immediately ahead. Our 1946 durum wheat crop, from which these specialities are made, was the largest in three years and of fine quality.

Durum wheat is a very hard spring wheat...not satisfactory for bread making. But when millers learned how to grind it into a granular product called semolina, they found that durum wheat made the finest of macaroni and spaghetti. These durum products have the special qualities of cooking to tenderness quickly, yet holding their characteristic shapes.

The best grades of macaroni and spaghetti are made from semolina, the choice inner portion of the grain ground to the granular consistency of table salt. When semolina is ground finer, it becomes durum wheat flour, from which quality noodles are made. If all our durum wheat were used to produce semolina only, there would not be enough to supply the manufacturers of macaroni and spaghetti. So millers are making a product consisting of semolina and some durum flour...which is made at the same time as semolina. In other words, by raising the extraction rate of the grain, we have more durum products and no ill effects to the macaroni product.

\* \* \*

### SPEAKING OF SPAGHETTI...

Spaghetti and macaroni are grand helper-outers in Lenten meals. Here are some ideas you may like to consider:

Shrimp or crab, creamed and served on mounds or in little cups of spaghetti or macaroni.

(MORE)



Left-over flaked fish, canned salmon, or tuna, extended with a white sauce and elbow or shell macaroni.

Hard-cooked eggs, mixed with cheese sauce and macaroni, placed in a baking dish, topped with bread-crumbs, and baked until brown.

Cabbage, spaghetti and cheese sauce scalloped together... just alternate layers of these in a buttered baking dish... Cover the top with buttered crumbs and bake.

And, of course, there always the old and delicious standby... macaroni or spaghetti, baked with cheese and/or tomato.

\* \* \*

### PINEAPPLE POSSIBILITIES...

There's one fine way to bring a tropical touch into late winter meals, and that's with pineapple. And we don't mean fresh pineapple...it's the canned variety we're talking about. You've probably noticed a good deal of it in your favorite stores since the first of the year, and it's a welcome sight too. The marketing specialists of the U. S. Department of Agriculture tell us that there's even more coming into the country than in pre-war days. As you know, canned pineapple, (most of which is imported from Hawaii), was a wartime casualty, and one that practically everybody regretted. It's one of the most adaptable of fruits...fits into the menu at every meal of the day. Even though you're probably paying more for it than you did before the war, when you stop to consider its versatility, you realize you're getting your money's worth.

At breakfast, serve pineapple juice plain or in a mixture with other juices. At lunchtime, let the salad feature pineapple. It can be the popular combination of pineapple and cheese, or a delicious mixture of fruits. When dinner plans are under way, don't overlook the delectability of pineapple as a relish with the meat course. And, of course, when it comes to desserts, there are several which the most conservative person would classify as luscious. The glamorous upside-down cake, for instance made with plain cake or, for variety, with gingerbread...pineapple pie, pudding or sherbet...these are only a few dessert suggestions. You probably have some good ideas of your own.

Incidentally...here's a hint about crushed vs. sliced pineapple. You'll find that the flavor of the crushed or grated fruit often is better than that of the sliced. This is because it's made of the outside trimmings from the slices, and this outer flesh of the pineapple is the sweetest and most highly flavored. It has the further virtue of being lower in price, and can be used in many similar ways in both salads and desserts.

(MORE)

The amount of frozen pineapple packed in the United States in 1946 was about three times the 1944 pack. Most of it came from Texas, Louisiana, and Florida. Only about one-third of the pack is in retail size cartons, however, the rest of it is going largely to bakers and manufacturers of ice cream and preserves. The frozen pineapple is particularly delicious, because freezing seems to capture more of the fresh flavor. And since it's packed in a sugar syrup, it requires none of the family sugar supply if it is to be used "as is," or as a sauce for ice cream, pudding or cake.

\* \* \*

#### NOTES ON KP DUTY...

Most of us spend a good part of our lives trying to make every minute count, and one way in which the busy homemaker can do this is to make every motion worth while. Actually, it would pay most women to spend a little time analyzing the way in which they do their housework...particularly such jobs as dishwashing...to find out whether they're being efficient about it.

The Agricultural and Home Economics Extension Service and the State Agricultural Colleges have made some studies of this kind, and are trying to help women get their housework done quicker, more efficiently, and with less fatigue. For example, let's consider a study on dishwashing. Some of the questions the home economists have asked, and answered, are these: What motions can I leave out? What parts of the task can I combine? Do I keep both hands working? Is everything within easy reach? What tools would make the task easier?

Results of the studies: -- Here are some of the suggestions made by the economists as a result of these studies: Use a tray to carry the soiled dishes from the table to the sink. Put pots and pans to soak during the meal, so that it won't require as much work to clean them...or wash them immediately, if possible. Use waxed paper in baking dishes, to make cleaning easier. Wipe greasy pans with a paper towel...and of course, keep the towels handy to the sink.

Washing dishes from the right to the left takes the fewest motions for a right-handed person. It's simple to rinse and stack the dishes on the right of the sink, or of the dishpan. Then wash, rinse and drain the dishes on the left of the sink. While the dishes are drying, wipe the glasses and silverware. Rinse them in very hot water, boiling if possible, so that they'll dry fast. A spray attached to the faucet is a good method. If a pan of boiling water is used for rinsing, the dishes can be taken out easily with vegetable tongs. Then, if the cupboard is just above the drain board, the dishes can be put away in short order.

Another idea from the Extension specialists for simplifying dishwashing is using baking dishes in which the food can be served at the table. This means that any leftovers can be stored in the refrigerator in the original baking dish.

(MORE)



And by the way, they make a suggestion that would probably shock our grandmothers...that in the small family, there might be just one dishwashing period per day. This depends on the supply of dishes and size of the kitchen, of course.

Another factor in the amount of fatigue from dishwashing is the height of the sink. If it's too high, a woman stretches her muscles and tires herself; if it's too low, she has to stoop. A sink can't be moved very easily, but something can be done to help. For a low sink, a wooden rack under the dishpan will help. If the sink's too high, perhaps she can get her husband to build her a platform to stand on. Anything that's good and solid, so it will bear her weight will do.

NOTE TO BROADCASTER:

And of course, here's a suggestion that will appeal to you radio women...that the homemaker listen to her favorite radio program while she's doing the dishes...puts her in a better frame of mind they say.

\* \* \*

SPRINGTIME WALNUT TIME...

You'll be seeing and hearing a lot about in-shell walnuts the next few weeks. About three times the normal carryover for this time of the year still remains in wholesalers' and chain-store warehouse...principally the former. There are also stocks of in-shell walnuts in the hands of cooperatives and packers in the West Coast producing areas, and many retailers have above normal stocks. At least one-third of the entire 1946 in-shell crop of marketable walnuts is yet available to consumers, and the great share of these nuts is in eastern and middle-western areas.

As far as nutritive value is concerned, walnuts have plenty of sales talk. They, like other nuts, are in Group Five of the Basic Seven Foods...along with meat, poultry, fish, eggs, dry beans and peas. They're a source of protein, and an outstanding source of fat. Walnuts are about 60 percent fat, thus providing calories for energy. Walnuts also provide B vitamins and a little iron and calcium.

\* \* \*

FOOD PLENTIFULS FOR APRIL...

Foods that will be in the menu headlines for April because of their availability across the country are: potatoes, citrus fruits (both fresh and processed), dried peaches, peanut butter, eggs, fresh and frozen fish (excluding shellfish), and heavy tom turkeys.

There are also large holdings of in-shell walnuts being offered at retail prices 10 to 15 percent lower than at the holiday time. The great share of these walnuts grown in California and Oregon, are now held by distributors in eastern and middle-western States.

\* \* \*



FEATURE THESE...

Following is a market-by-market summary of the fresh fruits and vegetables expected to be in plentiful supply during the current week. This information is based on latest reports by wire from U.S. Department of Agriculture's market reporters. For daily developments during the week phone your local market news office.

BALTIMORE

Beets  
Broccoli  
Carrots  
Cauliflower  
Celery  
Grapefruit  
Lettuce  
Parsnips  
Sweetpotatoes  
Turnips

BOSTON

Apples  
Cabbage  
Carrots  
Cauliflower  
Grapefruit  
Kale  
Onions  
Parsnips  
Purple-top turnips  
Rutabaga turnips  
Winter squash

NEW YORK

Apples  
Broccoli-rabe  
Cabbage  
Carrots  
Collards  
Grapefruit  
Kale  
Lettuce  
Onions  
Oranges  
Potatoes  
Sweetpotatoes

PHILADELPHIA\*

Apples  
Cabbage  
Carrots  
Cauliflower  
Lettuce  
Onions  
Potatoes  
Spinach

PITTSBURGH

Apples  
Cabbage  
Cauliflower  
Celery  
Lettuce  
Potatoes  
Tomatoes  
Turnips

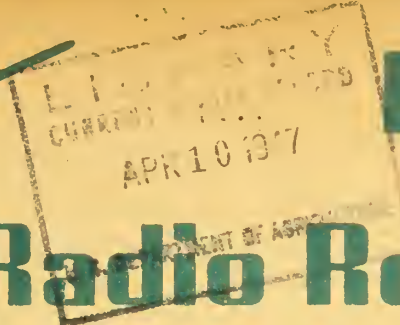
WASHINGTON

Apples  
Beets  
Broccoli  
Cauliflower  
Grapefruit  
Greens  
Lettuce  
Parsley  
Sweetpotatoes  
Turnips

\* PHILADELPHIA -- Because of continued labor trouble and snow, offerings of practically all commodities on the Philadelphia market were light to moderate. Those mentioned above were the most plentiful.

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Northeast Edition

# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

March 21, 1947

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U. S. Department of Agriculture  
Radio Service

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PAN AMERICAN DAY APRIL 14....

The Governments of the 21 Republics of the Western Hemisphere have issued proclamations and enacted legislation establishing Monday, April 14, as Pan American Day, to commemorate their sovereignty and their voluntary union in one continental community of nations. As you probably know, this day was chosen because it's the date on which the Pan American Union was created in 1890.

It's observed throughout the continents by a display of the national flags and by colorful ceremonies. This is the only day set aside by the Governments of both continents to symbolize their common bonds and their common hopes for a system of international relations based on mutual respect and cooperation. Pan American Day is observed by Governments, educational institutions, cultural centers, clubs, commercial associations and civic groups, and through its recognition by radio and the press, conveys a message of solidarity to old and young throughout the Americas.

Pan American Agricultural Cooperation: Secretary of Agriculture Clinton P. Anderson, in calling this observance to the attention of heads of the U.S. Department of Agriculture's agencies, said: "The Department has many activities which translate into action the spirit which lends Pan American Day its true significance. Agencies of the Department responsible for such activities will have opportunity to observe the occasion in a manner fitting to their functions, interest and character. Such observances are highly desirable. They reflect and accent the friendship and neighborly feeling which have long found practical expression in the Department's programs of international collaboration in Agriculture.

Economic cooperation among the Americas is important to farm people. Of the 21 Republics, five are wholly or mainly in temperate zones... Argentina, Chile, Paraguay, Uruguay, and the United States. The other 16 are largely tropical or semitropical. Thus, we produce some of the same farm products for sale in world markets. However, the Latin American countries produce many which we cannot grow in the United States, and which complement our own. Some of these, for instance, are coffee, cocoa, quinine, insecticides, flavoring, fibers, essential oils and rubber. Virtually every region of the United States participates in our trade with Latin America, and every Latin American country produces to some extent products which we buy. About one-tenth of our exports to Latin America, and about four-fifths of our imports from there, have usually been agricultural products.

Note to Broadcaster:

In case it hasn't come to your attention yet, here's advance notice about Pan American Day, April 14th. You'll probably want to plan at least one program around this year's theme..."Cooperation -- Key-note of the Americas"...and it might well be the source of program material throughout the week of April 14th.

(more)

Note to Broadcaster cont.

Suggested Activities for Pan American Day: Women's program directors might arrange with USDA personnel in their area for talks on agriculture's part in Pan American friendship. Arrangements might be made for Agricultural trainees from Latin America, now at work with various agencies throughout the country, to take part in radio programs sponsored by Extension Service.

It's a good time for featuring Spanish and Mexican recipes and menus, and also for talking about the Latin American influence on our furnishings and clothing. And don't forget the rich field of Pan American culture and customs, songs and dances, as program material.

There are Inter-American centers in certain parts of the country serviced by the Council for Inter-American Cooperation, which are in a position to assist with respect to speakers, printed materials, and other program aids. And, of course, the Council itself, located at 57 William Street, New York 5, N.Y., stands ready to help.

\* \* \*

#### UNRRA FOOD FOUGHT FAMINE...

The story of how UNRRA food fought famine in Europe was told by Dr. Arnold P. Meiklejohn, Senior Consultant in Nutrition in the UNRRA European Regional Office, who spoke in Washington last week. Dr. Meiklejohn has worked for 18 months in Greece, Yugoslavia, Italy, Austria, Hungary, Czechoslovakia, and in the D.P. camps in Germany. He stated that UNRRA food has averted three major famines in Europe... in Greece, Yugoslavia and Austria. Also, he declared that avoidance of these famines has helped to keep Europe free of epidemic diseases of the kind that raged after World War I. Nutritional diseases such as pellagra and scurvy are not now present to any important extent, he said.

The only important deficiency disease in Europe today is rickets among young children, for which cod liver oil is needed, Dr. Meiklejohn pointed out. Some riboflavin and vitamin A deficiency exists among children too, caused primarily by the lack of milk products.

However, although UNRRA food has staved off starvation, there hasn't been enough to prevent underfeeding, and according to the doctor, this is resulting in weakened and demoralized populations. With UNRRA food shipments drawing to a close, the people of these countries face the problem of getting enough calories. He warned that this under-feeding is having a serious effect on the development of children, particularly those of school age. He mentioned as an example the fact that in the area around Athens, boys of 14 are now three inches shorter in height, on an average, than boys of the same age in the same schools four years ago. There is similar evidence of defective growth in Vienna, Prague, and Warsaw.

(more)



Dr. Meiklejohn said that tuberculosis is now the most severe infectious disease in Europe...at least twice the pre-war level. Under-feeding has played a large part in this increase. The general lowering in health also is reflected by a marked increase in infant mortality. This is now well above pre-war rates.

In concluding his comments, Dr. Meiklejohn said: "What UNRRA has achieved and the disasters it has prevented through its food shipments point up the need of continued aid to the hungry peoples of Europe."

\* \* \*

#### RETURNS FROM RESEARCH....

One of the most interesting branches of the U.S. Department of Agriculture, and a very important one, is the Agricultural Research Administration. The annual report of W.V. Lambert, Agricultural Research Administrator, recently made to Secretary Anderson, contains a number of interesting items. This report points out that the United States realizes a huge financial return from the investment in agricultural research each year. Although a great deal of this can be estimated in dollars, some has to be considered in the nature of insurance against large losses from insects and diseases of crops and livestock.

Penicillin: One of the most worth-while jobs ever done by the Department, according to Dr. Lambert, was finding out how to speed up production of penicillin. This work was done at one of USDA's regional research laboratories, whose job is finding new uses for farm products. The research which made large-scale production of penicillin possible during the war cost the taxpayers approximately \$100,000. As for the drug itself, the only way to measure its value is in the thousands of lives it saved during the war. However, on the statistical side, less than 2 million dollars' worth of agricultural byproducts are used each year in the production of penicillin worth 100 million dollars.

Phenothiazine: There's another drug, phenothiazine, which USDA research has found remarkably effective in removing many kinds of internal parasites of livestock. The cost of this discovery was about \$10,000, but its value is estimated at 10 million dollars annually.

DDT: Then, there's the much-talked about insecticide DDT, developed by USDA scientists. It not only controls insects which carry diseases to man, but is of great value in controlling certain insects which affect livestock. DDT in this use already is saving an estimated 10 million dollars a year to owners of beef and dairy cattle, and the returns should increase greatly as the use of this insecticide becomes more general.

(more)



Livestock Improvement: And speaking of animals...research also has brought about many improvements in livestock. For example, the production of butterfat by one million cows in dairy-herd-improvement associations has been increased from an average of 215 pounds a year per cow, to an average of 339 pounds a year. This increase has added more than 6 million dollars a year to the income of members of these associations.

Another example of productive research by USDA's Agricultural Research Association is the work done on control of hog cholera. The pioneer work cost about \$50,000, but the returns for a period of nearly 40 years have been at the rate of 10 to 15 million dollars a year.

Grain Research: Hybrid corn research, over a period of 30 years, has cost the Federal Government about 5 million dollars and the states about the same. From this investment of 10 million, the nation last year collected a dividend of at least three-fourths of a billion dollars.

Wheat, oats and other cereal crops also have been greatly improved by research. Dr. Lambert's report estimates that research on small grains is responsible for adding half a billion dollars to the national wealth each year.

\* \* \*

#### SUPER SPRING FLOWERS.

Now that spring is officially here, it seems a good time to give you some information about two new varieties of flowers being developed by U.S. Department of Agriculture plant scientists; even though they won't be available to the public for at least two or three years.

As many of you know, there are several flower shows going on right now in different parts of the country. There's the International Flower Show in New York City, the National Flower Show in Chicago, as well as shows in Philadelphia, Boston and Detroit. Bigger and better Easter lilies and snapdragons are on exhibition at the New York Show. Both flowers are about twice as big as normal size. Some of the lilies are really giants, with flowers 10 to 12 inches long, measuring 6 to 7 inches across the open trumpet. The petals are beautifully firm and waxy...so thick they can stand a lot of rough handling.

As for the colossal snapdragons...they're bigger and more showy than any you've ever seen, and the colors are unusually handsome. There are 12 colors, five bright red, three pink, one purple, one lavender, one apricot and one white.

These king-size Easter Lilies and snapdragons are called tetraploids, and USDA plant breeders developed them by the use of the drug called colchicine. This causes a doubling of the number of chromosomes in the plant cells, and a resultant increase in the size and robustness of the blossoms.

(more)

Incidentally, colchicine itself is a plant extract obtained from the fall-blooming crocus. It's rather scarce, and is poisonous to man, but in just the right dosage, it can alter the number of chromosomes in plants. These are the microscopic bodies carrying the hereditary materials which control the size, color, period of blooming, and other characteristics of plants.

**Note to Broadcaster:**

If you use this information, please make it clear to your listeners that these plants are not yet ready for distribution. When they are, commercial growers will receive them and they'll eventually be on the market.

\* \* \*

**SUGAR STAMP #53 EXPIRES SOON.....**

The last day of March is the final day for using the current sugar stamp. Spare Stamp #53, now good for 5 pounds of sugar, expires on March 31.

Spare Stamp #11, which becomes valid on April 1, will be good for 10 pounds of sugar...double the amount of the present sugar stamp. This stamp will be good until September 30. Remember that no special stamps for canning sugar will be issued this year. The sugar obtained for household use must cover canning needs as well, so it's up to Mrs. Homemaker to make good use of it.

It's expected that another 10-pound sugar stamp will be made valid around July 1st, barring unpredictable disaster. Cuba and Puerto Rico are grinding large amounts of sugar cane...right now they're approaching the peak of the grinding season...and sugar is moving into the United States in large quantities to honor the new ration stamp.

\* \* \*

**LETTUCE SUPPLY STORY.....**

Iceberg lettuce is as plentiful on the market now as it will be until the late spring and summer lettuce crop starts moving from California. In the late spring and summer, the irrigated sections of California, Washington and Oregon will supply most of the country's needs--with some additional offerings from local truck gardens.

The production of iceberg lettuce is highly specialized. One of the growing requirements is a cool climate...where the temperature never gets much above 80 degrees during the day and where the nights are cool. Lettuce matures very rapidly. In other words, the crop is at top quality for eating...firm heads and best flavor...only a few days. Because of this high perishability, lettuce is shipped in crushed ice and sped to market in refrigerated cars. Before shipment, of course, it is carefully graded as to quality and uniformity of size...usually 4, 5, or 6 dozen heads are packed to the crate.

\* \* \*



## FAT ROME BEAUTIES OFTEN...

The gourmets of ancient Rome must have known about the proverbial apple a day keeping the doctor away, for they often finished dinner with apples. If you're looking for an easy-to-fix, tasty dessert, take a tip from the Romans.

While we're on the subject of Rome and Romans, why not serve the Rome Beauty--that good, all-round apple grocers are now stocking in bountiful quantities.

The Rome Beauty is at home anywhere in the United States; but more than one-third of the entire crop is grown in Northeast orchards. The 1946 crop tipped the scales at over eight million bushels--that's 83 percent more than the scant yields of 1945, and 23 percent over the 1944 harvest. Incidentally, did you know that Romes make up nearly 7 percent of all the Nation's apples?

Maybe you're wondering how many Rome Beautities were grown in Northeast orchards last year. Well, here are some very satisfying statistics: New York produced one million, 77 thousand bushels; Pennsylvania one million, 220 thousand; West Virginia 273 thousand; New Jersey 500 thousand, and New England 29 thousand--making a total of three million, 99 thousand bushels of grand apples.

If your family prefers an apple that's medium tart, the Rome Beauty's the fruit to feature. It's a versatile apple--it can be eaten raw out of hand or in salads. Because they hold their shape when cooked, Rome Beauties may be baked or stewed.

Like all members of the apple family Rome Beauties have a definite value in daily food plans. They furnish minerals, roughage, and especially vitamin C--that bulwark of healthy teeth and gums. They make good healthy eating. So even if you're not in Rome, do as the Romans did--eat apples often.

Here are two apple recipes you may want to add to your files:

### Apple Salad

Select medium-sized, firm, tart apples, pare and core. Cook in a covered pan in sirup made in proportion of two cups water and one cup sugar. Use enough sirup to cover the apples. Red cinnamon candies added to the sirup give the apples an attractive rose color. After cooking, drain the apples, chill, and fill with cottage or cream cheese which has been mixed with salt, paprika, and a little finely chopped green pepper. Or form the cheese into balls, roll in ground nuts, and place beside the apples. Serve on lettuce with mayonnaise or French dressing.

### Apple Float

Sweeten two cups of thick apple sauce to taste while hot, add a little salt, and set away to cool. Beat four egg whites very stiff, and fold the cold apple sauce into them. If desired, add two or three teaspoons of lemon juice, or sprinkle a little nutmeg or cinnamon on top, or add a spoonful of whipped cream to each serving.



FEATURE THESE

Following is a market-by-market summary of the fresh fruits and vegetables in plentiful supply during the current week. This information is based on latest reports by wire from the U.S. Department of Agriculture's market reporters. For daily developments during the week, phone your local market news office.

BALTIMORE

Apples  
Beets  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Grapefruit  
Greens  
Lettuce  
Mushrooms  
Onions  
Oranges  
Parsnips  
Peas  
Potatoes  
Radishes  
Spinach  
Sweetpotato  
Turnips

BOSTON

Apples  
Cabbage  
Carrots  
Celery  
Grapefruit  
Kale  
Onions  
Parsnips  
Potatoes  
Rutabagas  
Turnips

NEW YORK

Apples  
Beets  
Cabbage  
Carrots  
Grapefruit  
Lettuce  
Mushrooms  
Onions  
Oranges  
Peas  
Potatoes  
Rhubarb  
Sweetpotatoes

PHILADELPHIA

Cabbage\*  
Carrots\*\*  
Cauliflower\*\*  
Lettuce\*  
Potatoes\*  
Sweetpotatoes\*\*

PITTSBURGH

Apples  
Cabbage  
Carrots  
Cauliflower  
Celery  
Lettuce  
Mushrooms  
Oranges  
Parsley  
Potatoes  
Radishes  
Spinach  
Tomatoes  
Turnips

WASHINGTON

Cabbage  
Grapefruit  
Lettuce  
Parsley  
Oranges  
Potatoes  
Turnips

\* Commodities in heaviest supply.

\*\* Commodities in moderate supply, ample for demand.

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**Northeast Edition**



# Radio Round-up

A weekly service for Directors of  
Women's Radio Programs

March 28, 1947

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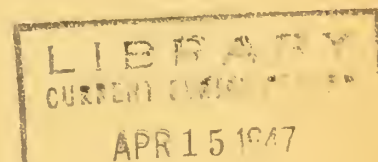
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U. S. Department of Agriculture  
Radio Service

Address inquiries to:

Information Service - Northeast Area  
Production & Marketing Administration  
U. S. Department of Agriculture  
150 Broadway, New York 7, N. Y.

## EASTER EATABLES...

The Easter dinner menu probably will feature beef or poultry this year...the supplies of both are far better than of other meats. Neither the traditional leg of lamb nor the handsome pink ham so many people like, is in very good supply right now. When you do find them, prices are likely to be high.

As for the vegetable and salad courses, there's a fairly good choice: tender new asparagus from California, and broccoli, beets, cauliflower, cabbage, carrots, lettuce, onions, potatoes, and spinach.

Processed foods, especially canned fruits, are much more plentiful than they were last year. This is true of frozen foods too.

As you know, there are plenty of eggs to feature at Easter breakfast, or to use in cooking. And with the new sugar stamp coming due on April 1st, many homemakers probably will feel they can spare a bit of extra sweetening for some festive dessert for Easter Sunday dinner.

\* \* \*

## EASTER AND EGGS...

With Easter so close at hand, you'll probably be planning Easter egg festivities during the next week.

Tradition of Eggs for Easter: Eggs as a symbol of Easter go back before Christianity. Ancient Egyptians and Persians, as well as the Greeks and Romans, are said to have used colored eggs in their Spring festivals as symbols of new life.

Egg Rolling: In many parts of the country, before the war, an egg rolling ceremony took place during the Easter season. This was based on an old European folk custom, part of a Spring ceremony. When Europe became Christian, the coloring and rolling of eggs were associated with Easter. As you know, Easter egg rolling activities were discontinued during wartime, to avoid any possible waste of valuable food. And you've doubtless heard that they've decided at the White House not to resume the ceremony this year. Mrs. Truman feels it isn't right to encourage any custom which might result in food waste, while certain parts of the world are still so terribly short of food.

Dye Your Eggs and Eat Them Too: Since decorated Easter eggs have such a strong appeal to the children, however, most families probably will have at least a bowlful for table ornamentation. Easter bunny's helpers probably have more fun coloring the festive eggs than the small fry have in finding them.

(more)



Unimaginative artists just dip the eggs in a dye bath and are satisfied with solid color. Those with a flair for decoration can go the limit in creating masterpieces of colored eggs, decorated with drawings of flowers, bunnies, designs, even the names of the young egg-hunters. The trick has been handed down through generations in Central Europe, where egg painting is a real folk art.

In Czechoslovakia for example, where in some localities the custom of egg decoration is a year-round practice, they trace designs in hot beeswax on the egg shell. But in your modern adaptation of this old art, you can paint your designs with melted paraffin, using a small water color brush. You paint the egg with the hot wax after it has been hard cooked but before it has been dyed. Dip the waxed egg in a hot dye bath...timing it according to how deep a color you desire. Under proper conditions the hot dye will color the egg and melt off the paraffin or wax at the same time...leaving your designs neatly etched in a lighter shade. If a cold dye is used, the dyed egg may be dipped into hot water and the wax cleaned off with a cloth.

The Czechs still use natural dyes from roots, berries, vegetables, and herbs. They use onion juice for a soft beige... red onion skins for a deep rust color...coffee for a rich brown... beet juice for russet...and grape juice for purple. Modern Easter egg artists will probably prefer to use commercial egg dyes.

Remember, though, that eggs are a perishable food, even after they've been cooked, and shouldn't be kept out of the ice box too long. As soon as Easter Sunday is past, it's well to use up these decorated eggs promptly. There are many ways of incorporating hard-cooked eggs in meals...creamed eggs, Eggs a la Goldenrod, in a molded vegetable salad, or as deviled eggs.

\* \* \*

#### HOW TO BOIL AN EGG...

The business of boiling an egg properly is very simple, but a surprising number of people don't do it the right way. The food specialists of the U.S. Department of Agriculture use the term "hard-cooked" instead of boiled, for the reason that they shouldn't be boiled. The proper way is to cover the eggs completely with cold water and bring gradually to the simmering point...which is just below boiling. Then just let them simmer 25 to 30 minutes.

They point out that the first and fundamental rule, whether eggs are being cooked in water, frying pan or oven, is to cook them with low to moderate, even heat. Like all protein foods, eggs cooked at too high a heat get tough and leathery.

For soft-cooked eggs, there are two methods of preparation. One is just to simmer from 3 to 5 minutes. The other is to bring the water to a boil, put the eggs in carefully, and take the pan off the stove at once. Cover the pan to hold the steam in, and let the eggs cook in the hot water 5 to 8 minutes.

\* \* \*

## 47 FOREST FIRE PREVENTION PROGRAM

The 1947 Cooperative Forest Fire Prevention Program gets under way during the first week of April.

### Note to Broadcaster:

U.S. Department of Agriculture's Forest Service asks women broadcasters to make mention of this campaign whenever possible. A series of network allocations for that week already has been arranged. You'll probably want to tie in with local information about forest fire dangers. You can get more information from your local State or Federal forestry agencies... possibly you can secure guest speakers for your program. Also, your local Red Cross chapter may be able to help you, since the Red Cross actively cooperates in the fire prevention program.

We'll give you more information about the 1947 program in next week's issue of Radio Round-up.

There are two slogans for the 1947 program: "Burned timber builds no homes", and "Remember, only you can prevent forest fires." This year is expected to bring greater danger than ever, because of increased use of the forests by campers, fishermen, hunters and hikers. As you know, there's an urgent need for timber for building and repairing homes, for pulpwood for paper and plastics, for millions of railroad crossties and poles for power and phone service.

\* \* \*

### GARDEN SEED SUGGESTIONS

Maybe you've started thinking about your home gardens... they're already under way in some parts of the country, and certainly it isn't too early to be making plans everywhere.

Let's consider seeds first, and the question of whether it pays to plant home-grown vegetable seeds. The answer is generally no, because this is not likely to be as pure a strain as the seed one buys. The reason is that cross pollination in some vegetables will cause the varieties to be mixed. This is likely to occur unless the garden contains only one variety of each vegetable, and is separated by at least a quarter of a mile from other gardens or seed producing fields.

Then there's the possibility that seed from last year's garden may carry disease to infect the new crop. Seed-borne diseases may occur in cabbage, cauliflower, Brussels sprouts, broccoli, collards, kale, kohlrabi, mustard, radishes, turnips, beans, peas, cucumbers, muskmelons, watermelons, tomatoes, peppers, eggplant, celery and carrots.

(more)



Another factor is this: For good germination, most seeds need to ripen during sunny weather or be dried quickly when removed from the fruit, and then stored in a dry, cool, insect and rodent proof place. Few homes have facilities for properly drying and storing seed. Also...certain vegetables such as beets, chard, Brussels sprouts, cabbage, carrots, kale, onions, parsley and turnips, require storage of the plants or roots over winter to produce seed. The home gardener rarely is able to do this successfully.

In view of all this, and because the home gardener needs only small amounts of seed, the garden specialists of the U.S. Department of Agriculture advise buying garden seed fresh each year.

Dust Treatment for seeds: While we're speaking of seeds, here's another suggestion from USDA's specialists. Attacks of fungi or molds sometimes cause seeds to decay, or young seedlings to die before they emerge from the soil. This trouble is known as damping-off, and there is a means by which it generally can be avoided. Dusting the seeds with a chemical compound sold for this purpose usually will do the trick. The names of some of these compounds are Arasan, Spargon, Cuprocid and Semesan, and they can be used safely on most vegetables and flower seed. Cuprocid, however, should not be used to treat seeds of cabbage, broccoli and related crops, nor on lima beans.

The manufacturer's directions should be followed exactly, according to garden specialists. Use a jar or other airtight container that will be not over half full when the seeds are in it. Add the proper amount of dust, close the container tightly, and shake and turn it for 1 to 2 minutes. Screen off the extra dust, and the seeds are ready to plant. You can treat small packets of seeds by opening one corner of the envelope, adding as much dust as you can lift on the point of a penknife blade, closing the packet and shaking it well.

Here's a caution though...never inhale any of the dust, and don't let it remain on the skin. Wash it off at once with soap and water.

Note to Broadcasters:

During the next few weeks, we're going to include in Radio Roundup information from USDA's garden specialists, prepared especially for use in the National Garden program. You may like to pass this along to your listeners.

\* \* \*

SPRING CLEAN-UP WEEK...

Has the date been set for Spring Clean-Up Week in your locality? No national date is proclaimed, because of the varying weather conditions in different parts of the country. However, it usually starts during March in the south, and concludes in late May in the north.

(more)

Spring Clean-Up Week is sponsored by the National Fire Protection Association, with the cooperation of the U.S. Department of Agriculture. Its purpose is to remove fire, accident, and health hazards around the home, with particular stress on the farm home. Householders in towns and cities would do well to take part in this activity. Some States and counties proclaim a definite date for observing this week.

The following figures about farm fire and accident losses should be of interest to everyone and of special interest to rural residents. Approximately 18,000 farm people are killed in accidents on the farm each year; about a million and a half others are injured in such accidents. Farm fires destroy about 90 million dollars worth of farm property a year, and take an average of 10 lives daily. Spring Clean-Up Week can help to reduce these figures.

Here are a few suggestions on specific clean-up ideas in and around the home:

1. Yards and all areas surrounding the house should be free of broken glass, barbed wire, nail-studded boards and other dangerous litter.
2. Oil or paint-soaked rags or waste should be kept only in covered metal cans.
3. Closets, basement and attic should be kept free from loose or piled paper, or other material that's a fire hazard.
4. All steps, porches and stairways should be in good repair, adequately lighted, and clear of rubbish.

In some instances, the woman of the house can remove these hazards herself...if not, she can certainly keep after the men of the family to see that this is done.

During Spring Clean-Up Week it's also a good idea to make a careful check of flues, chimneys and stove pipes...of electric wiring...of the sanitary condition of springs, wells and cisterns, and of the water supply. Safe storage should be provided for kindling and other fuel, also for gasoline and kerosene supplies...the latter two at least 100 feet from major farm buildings.

Spring Clean-Up Week is likely to be a job for the whole family. ..but the homemaker is the one who'll probably get everybody started on it.

\* \* \*



## MAPLE SIRUP TIME...

The maple sugar run is underway in our eastern and northern States and in Southeastern Canada. The 1947 maple sugar harvest is expected to be larger than for the past two years. However, since an average harvest in this country only yields around 2½ million gallons of sirup (and yields the past two years have been less than half of that), you can see supplies of this product are limited.

Maple products...sugar and sirup...are native American sweets. Maple sap is gathered on a commercial scale in only a small area of the North American Continent (Vermont, New Hampshire, Maine, Massachusetts, New York, Pennsylvania, Maryland, Michigan, Ohio, and Wisconsin) and in neighboring southeastern Canada. Vermont and New York are the largest producing States in the country.

The collection of the sap is not a major farm job. Rather it's an early spring task on a number of farms that brings some profit during the slack season of the year, and a chance for neighbors to get together. In fact, the gathering and boiling of maple sap in many localities calls for special festivities.

Weather gives the "go sign" for tapping the trees. Freezing nights and thawing days produce the best sap runs. When conditions are just right, the trees are tapped. A farmer bores a hole at a convenient height in the tree trunk, and inserts a galvanized spout. The spout has a hook on it which holds the sap bucket. The sap buckets are taken from the trees and emptied into carrying pails or directly into a gathering tank, according to the volume of the run. The gathering tank is usually atop a horse-drawn sledge, as the snow may still be on the ground.

As fast as the load is gathered it is drawn to the sugar house. When enough sap has been collected, the boiling starts. Maple sap is about 95 to 97 percent water, and this water must be evaporated to get maple sirup or sugar. The sap, therefore, is run from the storage tank in the sugar house into a series of evaporating pans, under which a roaring fire is built.

When does the sap become sirup? It's a matter of temperature. Fresh sap, since it's nearly all water, boils at about 212 degrees Fahrenheit...varying a little with the altitude. When it thickens and approaches the proper sirup consistency, its boiling point rises. Seven degrees above the boiling point of water is the proper temperature for drawing sirup out of the evaporator. The hot sirup may be filtered through a felt strainer to remove any sirup sediment, and then poured into cans at the proper temperature. To make maple sugar, the sirup is boiled down still further. None of the maple sugar is refined. Though three-fourths of all sap gathered was once made into sugar, today less than 5 percent is used for this purpose.

FEATURE THESE

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BALTIMORE

Apples  
Avocados  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Endive  
Escarole  
Lettuce  
Mushrooms  
Onions  
Oranges  
Parsley  
Parsnips  
Peas  
Potatoes  
Radishes  
Spinach  
Sweetpotatoes

BOSTON

Apples  
Cabbage  
Carrots  
Grapefruit  
Onions  
Parsnips  
Potatoes  
Rutabagas  
Turnips

NEW YORK

Apples  
Beets  
Broccoli-rabe  
Cabbage  
Carrots  
Collards  
Escarole  
Grapefruit  
Kale  
Lettuce  
Mushrooms  
Oranges  
Potatoes  
Sweetpotatoes

PHILADELPHIA

Apples  
Cabbage  
Carrots  
Cauliflower  
Onions  
Potatoes  
Sweetpotatoes

PITTSBURGH

Apples  
Cabbage  
Carrots  
Cauliflower  
Celery  
Lettuce  
Peas  
Potatoes  
Radishes  
Rhubarb

WASHINGTON

Apples  
Avocados  
Beets  
Cabbage  
Carrots  
Chicory  
Escarole  
Grapefruit  
Lettuce  
Oranges  
Potatoes  
Romaine  
Sweetpotatoes

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